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EGGS

a good choice for the thrifty family

EGGS

help us to grow
help build good
muscle and blood



Eat EGGS for Breakfast
or Lunch or Dinner



Eat EGGS in Desserts



Eat EGGS in Sandwiches



KEEP EGGS (COOKED OR UNCOOKED)
IN REFRIGERATOR OR OTHER COLD PLACE

SOFT-COOKED EGGS (also called soft boiled). Put eggs in a pan. Cover with water. Heat water to boiling. Cover pan and remove from heat. Let stand 5 minutes.

HARD-COOKED EGGS (also called hard boiled). Put eggs in a pan. Cover with water. Heat water to boiling. Cook 20 to 25 minutes over low heat. Serve eggs hot or cool them in cold water.

SCRAMBLED EGGS. Break eggs into a bowl. Add 1 tablespoon milk for each egg, and salt and pepper to taste. Beat. Melt a little fat in pan. Add eggs. Cook over low heat and stir until eggs are cooked.

FRIED EGGS. Melt a little fat in a pan. Add eggs. Sprinkle with salt and pepper. Cook over low heat until done. Turn eggs to cook on both sides, if you like.

Egg Sandwich Ideas

FRIED EGG SANDWICH. Fry eggs, breaking yolks and turning eggs to cook on both sides. Serve on bread or toast. Add catsup if you like.

SLICED EGG SANDWICH. Use slices of hard-cooked egg on white or whole wheat bread. Add mixed catsup and mayonnaise if you like.

Baked Custard

3 cups milk
4 eggs
1/3 cup sugar

1/4 teaspoon salt
1 teaspoon vanilla
Nutmeg or cinnamon, if you like

Heat milk until hot, but not boiling. Beat eggs slightly and add sugar and salt. Slowly pour in hot milk, stirring all the time. Stir in vanilla. Pour into baking pan. Sprinkle with nutmeg or cinnamon, if you like.

Bake at 300°F (slow oven) about 1 hour or until the blade of a knife inserted in the center comes out clean. Makes 6 servings.

NOTE: Do not buy cracked eggs or eggs with dirty shells.